



# CHB QUARTERLY

Quarterly Newsletter - Clear Health Benefits

## NEWS & FEATURES

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## Quick Tips - Managing Stress During The Pandemic

- Accept & validate your feelings
- Recognize what's in your control
- Remember that this is temporary and will pass
- Take care of your health
- Stay connected
- Make time for yourself
- Reach out for help

\*Mental Health Commission of Canada

50% of millennials and 75% of Gen Z-ers have left a job for mental health reasons.

Mental health is everyone's business.



Mind Share Partners, Mental Health of Most Recent 2019.

Find out why mental health matters at  
[notmyselftoday.ca](http://notmyselftoday.ca)



Canadian Mental Health Association  
Mental health for all

## CHB & The Canadian Mental Health Association

On February 12th, 2021 we shared some exciting news as we announced our partnership with The Canadian Mental Health Association (CMHA) & their Not Myself Today program. Not Myself Today is dedicated to ending the stigma and raising awareness on workplace mental health.

Have you had a chance to check out the video?! If not please do as it introduces the program and sums up what it's all about.

If you would like further details and the value it can bring to help engage conversation and embrace mental health awareness, please let us know. Most recently CHB has initiated our weekly Wellness Wednesday emails with helpful tips in efforts to promote mental health and overall well being.

# MENTAL HEALTH & DISABILITY

## THE IMPACT OF COVID-19



The negative impacts of COVID-19 have rippled through every facet of society. Understanding the multidimensional impacts of this pandemic is crucial to identify the most critical needs and to inform targeted interventions.

### Stressors During Pandemic Include:

- Reduced social interaction
- Concerns about own health
- Fears of infecting family members
- Loss of usual routine/decreased activity
- Financial hardship
- Lack of regular medical care

### Ultimate Impacts of the Pandemic:

- Depression, Irritability, Anger
- Sleep problems
- PTS Symptoms
- Reduced concentration/focus
- Withdrawal from others
- Medical delays in treatment, diagnosis
- Work from home burnout, physical disabilities

*\*Canada Life December 2020 Report*

### What does this mean to your employees and your benefits plan?

#### Drug & Disability Trends

- A disabled employee incurs almost 2.5x more cost on healthcare benefits than a active employee
- Drugs account for 81% of total spend for a disabled employee compared to 63% for an active employee
- A disabled employee incurs almost 6x more drug costs and 2.5x more healthcare costs than an active employee/yr
- In 2019, mental health was the main driver of costs accounting for over a third of the total LTD amount paid

#### What can I do?

- Take appropriate precautions as per public health authorities and keep employees informed
- Provide education resources on ergonomics
- Work with your providers to ensure you are aware of and able to maximize the value of wellness resources - ensure they are well communicated to employees

## HEALTHY CORNER

Welcome to the CHB Healthy Corner where we will provide you with healthy habits, recipes and continued commitment to encourage a healthy lifestyle in collaboration with our Wellness Consultant.

For this CHB edition, please see her healthy recipe for a Greek Yogurt Veggie Dip. We hope you enjoy!

*"Take care of your body. It's the only place you have to live." - Jim Rohn*

# GREEK YOGURT VEGGIE DIP



## Ingredients

- 0 % Fat Free Plain Greek Yogurt
- French Onion Soup Mix
- Dill Seasoning
- Garlic Powder
- Dried Onion Flakes
- Lime Juice

1. Use any plain 0% Greek yogurt of choice (Lactose free for Dairy allergies)
2. Pour 1/2 cup of Greek Yogurt into container.
3. Mix 1-2tsp of French Onion Soup Mix, shake as much dill, garlic, onion, pepper you desire into your mixture.
4. This is all by taste- if you enjoy heat, make it spicy! Fan of garlic? Do it up!
5. Pour 1-2 tsp of fresh lime juice, mix and enjoy!



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